

Reports on the Effects Long-Term Participation In The Monroe Institute Programs

Participant K

How does the Spirit move across the Face of the Earth?

The Story of Participant K

He doesn't remember seeing his father much because he worked three jobs most of the time. When pressed, he notes that he has very few pleasant memories. In fact he has lost blocks of time. "It was hell living around my parents. They were abusive. I literally spent chunks of time alone."

Growing up he was bullied quite a bit in his neighborhood and at school. He credits some of this to social class prejudice, but the result was the same – he got "beat up."

He became fascinated with the idea of being "saved" as a child. Going to Sunday school was an important early experience. In many ways, his search for a relationship with "something higher than myself" was to find what was missing in his life.

Understanding Transpersonal Experiences

- I am much more aware of what is current around me, but it is like being in an open time book: touching past, present, future all at once. I can be present to others in this time and present to all time simultaneously. It is as if I am both a witness and a
- Participant in the events around me. I can be in a doing mode and a meditative mode simultaneously.

What is on the Other Side of the Rainbow?

Engagement of Multiple Intelligences

As a child I was fascinated with the idea of God and salvation. Going to Sunday school was an important early experience.

- Professionally trained guitarist.
- Technical writer and software programmer.
- Part-time music teacher.
- Surfing as a young adult

Other Personal Development Activities

- Studied religion and philosophy in college, but after college began reading Edgar Cayce's works and attended a workshop at A.R.E., took up meditation, and then

worked with bio-energy healer Mietek Wirkus. Later became a certified massage therapist (unrelated to his professional career).

Anticipation of Liminal States

- Becoming unsettled is important to learning

Relationship with Inner Guidance

- I am now in a state of silence even in the midst of others. As emotions come up I can witness them.

Compassion for Oneself and Others

- I am still the same person, but more in process of maturing in the way I react to life or others. I am not frightened or unnerved by most situations I face.

Reflections

The most important experience for me at TMI was learning that we are not encapsulated individuals. Information from other energies is accessible to us. One of the most dramatic experiences I have had at TMI is experiencing myself at different points in time – as I was in one life versus as I am now. I learned that I not only can view both lives, but I can take a lesson from one life at a point in time and apply it to another life at a different point in time.